From ancient times to the present, the barrier island that is Canaveral National Seashore has provided sanctuary and sustenance to humans of many cultures; traces of their existence along with the water, the wildlife and plant life provide us with a timeless view of old Florida.

- The flora found here between the sub-tropical and temperate climates provide enjoyment for the amateur botanist with an up close look at Florida's beautiful native plant life.
- Mosquito Lagoon provides a safe and protected spawning ground and nursery for saltwater fish; it also affords some of the best recreational fishing experiences to be found.
- If your interest is history, Canaveral National Seashore has numerous Native American sites as well as more modern remnants of people's determination to live and prosper in this challenging environment.
- The wildlife in the seashore is wide-ranging. You may encounter Atlantic bottlenose dolphin or manatee in the lagoon and every summer giant sea turtles return to lay their eggs on the beaches of Canaveral National Seashore. Don't forget that bird watching is always a relaxing option.
- The beach at Canaveral National Seashore is the longest extent of undeveloped coastline along the Florida Atlantic coast and provides for an uncrowded seashore experience.

Take a stroll down a hammock trail, hunt for seashells on the beach or plan a camping trip to one of our primitive island campsites. Canaveral National Seashore is yours to enjoy and the National Park Service encourages you to visit and discover this piece of old Florida.